



Eligible Food List

Apples	Asparagus	Beans
Beets	Blackberries (thorn less & thorny)	Black Eyed Peas
Blueberries	Broccoli	Brussels Sprouts
Cabbage (red, green, Savoy, Chinese)	Carrots	Cauliflower
Cherries	Corn (sweet)	Crowder Peas
Cucumber	Edamame Soybeans	Eggplant
Grapes	Greens (collards, kale, mustard, spinach, Swiss chard, turnip)	Green Onions
Kohlrabi	Lettuce	Melons (muskmelon, honeydew, Cantaloupe)
Mushrooms	Okra	Onions
Parsnips	Papaws	Peaches
Pears	Peas (snow peas, sugar snap)	Peppers
Plums	Potatoes	Pumpkins
Radishes	Raspberries	Rhubarb
Strawberries	Summer squash (yellow, zucchini, patty pan)	Sweet potatoes
Turnips	Tomatoes	Watermelons
Winter Squash (acorn, butternut, spaghetti, kabocha)		

Eligible Cooking Herbs (must be fresh cut, not dried or in the pot growing) including but not limited to:

Basil	Borage	Chives
Cilantro	Dill	Epazote
Fennel	Garlic	Marjoram
Mint	Oregano	Parsley
Rosemary	Sage	Savory
Shiso	Sorrel	Tarragon
Thyme		

Ineligible Foods

Non-local, non-Kentucky grown products are not eligible for purchase with WIC FMNP food instruments (FIs) or Senior FMNP coupons. Examples include citrus products such as oranges, mangoes, lemons, limes, bananas and pineapples. Medicinal Herbs and others such as aloe, lamb's ear, catnip, rue, white sage, lavender, Echinacea, bee balm, chamomile and St John's Wort are not eligible for purchase with WIC FMNP FIs or Senior FMNP coupons.